

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-07-06)

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A405 – LEMONS, FRESH, CASE

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 2 or better fresh lemons; size, variety, and case weight will vary.
PACK/YIELD	<ul style="list-style-type: none"> 34-39 lb case. Each case contains a count of 115-165 lemons. One lb AP yields 0.43 lb (about ¾ cup) lemon juice and provides about 3.1 ¼-cup servings lemon juice. CN Crediting: ¼ cup lemon juice provides ¼ cup fruit juice.
STORAGE	<ul style="list-style-type: none"> Do not store lemons in plastic bags or film-wrapped trays because moisture drops may form between the film and peel, promoting mold growth. Store lemons loosely in refrigerator at 35-50 °F. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Wash lemons thoroughly before using.



Nutrition Information

¹Lemon juice, raw

²Lemon, raw, without peel (2½" diameter)

	¼ cup ¹ (61 g)	1 fruit ² (47 g)
Calories	15	17
Protein	0.23 g	0.64 g
Carbohydrate	5.26 g	5.41 g
Dietary Fiber	0.2 g	1.6 g
Sugars	1.46 g	1.45 g
Total Fat	0.00 g	0.17 g
Saturated Fat	0.00 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.02 mg	0.35 mg
Calcium	4 mg	15 mg
Sodium	1 mg	1 mg
Magnesium	4 mg	5 mg
Potassium	76 mg	80 mg
Vitamin A	12 IU	13 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	28.1 mg	30.7 mg
Vitamin E	0.09 mg	0.09 mg

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USES AND TIPS	<ul style="list-style-type: none"> Lemons, because of their distinctive flavor, are great flavorings in pies, puddings, cookies, and cakes. They are also flavorful and attractive when quartered or sliced for garnishes accompanying fish, meats, and vegetables. The squeezed juice, when sweetened, makes an excellent fresh lemonade beverage. Lemon juice can easily be substituted for vinegar in salad dressing recipes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Wash lemons thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.